

Making room for connection

Connection & belonging

Connection does not have to begin with a large gathering or a difficult conversation. Sometimes it starts with one familiar person, a shared interest, or a place where you feel at ease.

Take your time. A few words are enough. Skip any question that does not feel helpful.

01 Notice where you feel at ease.

When have I felt heard, welcomed, or able to be myself?

Think of a person, place, activity, faith community, or other source of belonging. Small moments count.

02 Name the connection you need.

What kind of connection would feel welcome in this season?

You might want company, a listening ear, shared activity, spiritual connection, or practical help. You can name more than one.

03 Make one gentle invitation.

What is one comfortable way I could reach toward that connection?

A short message, a walk with someone you know, or asking about an accessible local gathering may be a beginning. Keep your boundaries and energy in mind.